

## Special Issue

# Foundational Nutrition for Human Health

### Message from the Guest Editor

The human body is a complex physiological organism that involves numerous interconnected systems and processes that work together to maintain the body's overall function and health. By nature, investigating nutritional interventions to improve human health is complicated due to the interplay between bodily systems and the multifaceted influence of single or multiple nutrients found in whole foods. To date, most nutrition research has been reductionistic in nature, examining the effect of single ingredients on a specific health outcome. Additionally, more data are required to determine daily requirements for nutrients that do not have current guidance, nutrient requirements that need to be updated based on current literature, or populations with distinct nutritional needs based on different factors.

This Special Issue welcomes original research, literature reviews, meta-analyses, and other work that addresses the reassessment of nutrient recommendations, nutrient interventions with unique populations, studies on probiotics and the gut microbiome, and the synergistic interplay between micronutrients, phytonutrients, dietary supplements, and other compounds that improve human health.

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### Guest Editor

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### Deadline for manuscript submissions

closed (31 December 2023)



## Nutrients

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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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### Editors-in-Chief

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